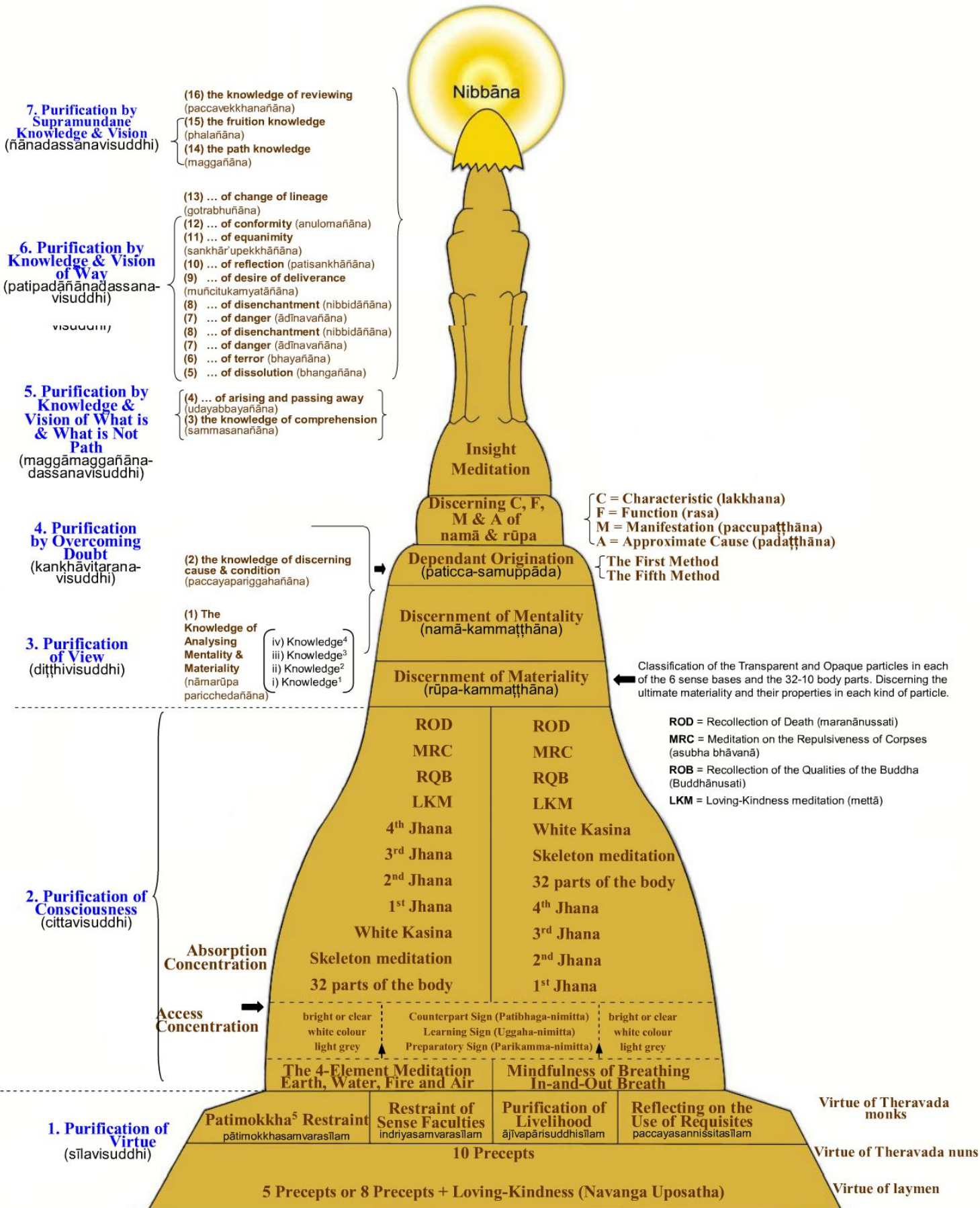


# THE DIAGRAM SHOWING THE WAY TO PRACTISE

## The Four Elements Meditation and Mindfulness of Breathing

BEING EXERCISED IN PA-AUK FOREST MONASTERY, PA-AUK VILLAGE, MAWLAMYINE TOWNSHIP, MON STATE,  
UNION OF MYANMAR



1 = the knowledge that discerns materiality  
 2 = the knowledge that discerns mentality  
 3 = the knowledge that discerns both mentality and materiality  
 4 = the knowledge that understands there is no person, being or soul but only mentality and materiality  
 5 = 227 rules for monks